



5 ways to wellbeing

Belmont Connect Timetable

July/August/September 2026



Monday		Tuesday	
10 am -11 am Ladies' yoga	With Maria, suitable for all levels Contact: Vilma.songui@smhf.org.uk	10 am - 11 am Chair yoga	With Maria, suitable for all abilities
11.15 am -12.15 pm Hatha flow yoga	With Maria, suitable for intermediate/advanced	11.15 am - 12.00 pm Indoor Tennis	With Liam
1.30 pm - 3.30 pm Retro gaming	Old school video games, board games and Warhammer model painting	12.00 pm - 2.30 pm Drop-in	Unlimited hot drinks £1. Tuck shop also available.
1.00pm - 3.00pm 13 & 27 July, 10 & 24 Aug, 7 & 21 Sep	Art group With Sarah	Please book all activities and events online at smhf.org.uk/events or by calling 020 8770 0172.	
Thursday		Friday	
10.00 am -11.00 am Line dancing	With Janice	10.00 am - 11.30 am Art 4 wellbeing	With Anna Please email admin@smhf.org.uk to check availability.
11.30 am - 12.30pm Meditation with Gratitude for Harmony and Healing	Fortnightly	11.00 am - 12.00 pm Music group	Upstairs
11.00 am - 2.30 pm Drop-in Every other week	Come and have a game of scrabble or mahjong. Unlimited hot drinks £1. Tuck shop also available.	12.00 pm - 2.30 pm Drop-in incl. lunch	Hot meal £3.50, dessert £1, hot drinks £1 Vegetarian option available. Please book by 11am.
11.00 am - 2.30 pm Mahjong Club fortnightly			

Where to find us:

63 Downs Road, Belmont, Sutton SM2 5NR

When: Our telephone lines are open

020 8770 0172

Mon 11am - 1.30pm

Tues, Thurs & Fri 10.30am - 2.30pm

Your Feedback Matters!

We would love to hear from you.

Which classes do you enjoy the most?

What new programs or offerings would you like to see at Belmont?

How can we improve our centre to better serve you?

Please email us at admin@smhf.org.uk or drop us a message in our suggestion box.



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Support appointments and drop-in clinics at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR	
Friday 10.30m, 12.30pm & 2.30pm	Cost of Living Support With Jordan
Mondays- 1pm & 3pm Tuesday 11am	Housing support appointments With Jordan
Thursday 10 am to 1pm	Welfare advice appointments With Citizens Advice Sutton
QIGONG & MAHJONG GAME MORNING CLUB ST PAUL'S CHURCH ROUNDShAW (NEXT TO PHOENIX CENTRE)	
Every 2 weeks on Wednesday 10.45am- 1.30pm	Starting 2 Sep- Free of charge There is currently a waiting list.
Special events and courses at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR	
1st Friday of each month 10 am – 12 pm	New members morning A chance for people who haven't used the service before to have a look round, meet the staff and generally find out what we can offer.
1st Tuesday of each month 1.30 pm – 2.30 pm	Community meeting An opportunity to have your say and to help shape our services
Wednesday 12 Aug, 19 Aug, 26 Aug, 2 Sep, 9 Sep 2.00pm – 3.00pm	Thai Chi workshop for adults 5 weeks Spaces are limited and booking is required.
Thursday 30 th July 1.30pm-3.00pm	Signpost session Improving your sleep
Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY	
Monday 6.30pm to 8.30pm	International LGBTQ+ Meet Up Group 13 & 27 July, 10 & 24 August, 7 & 21 Sep
Friday Every 6 weeks 5 pm – 6.30 pm	Book club – With Lisa Please email admin@smhf.org.uk to book your place.

Other events	
The Sutton Community Dye Garden Project	
Fridays, except first Friday of the month 12.30pm – 2.00pm	Oru Sutton Rooftop Garden, 7Throwley Way Sutton, SM1 4AF
To book contact: Fiona.denton@smhf.org.uk or Zoe on 07725048331	
Mindful Slow Stitch	
10.30am- 12.30pm TBC	Please book online at events.sutton.gov.uk WHITEHALL HISTORIC HOUSE, SM3 8QD
Sutton Hearing Voices Group	
Thursday 3.30 pm – 4.30pm	In Sutton with Cheryl Phone for more details
Email admin@smhf.org.uk or call 020 8770 0172	
Supportive Circle	
SCD-Sutton Community Dance	
Thursday 10:15 am - 11.45 am 16 th July Summer holidays sessions to be confirmed (TBC)	With Jane & Vilma A support group for parents of ASD/ADHS children or adults with mental health concerns
Women's Emotional Wellbeing Workshop	
Friday 18 Sep, 25 Sep, 2 Oct, 9 Oct 12.00pm- 2.00pm Registration fee: £5	A four-week supportive programme to reconnect with yourself, build emotional resilience, and clarify what matters most. Spaces are limited and booking is required.